

small boxing handbook 6 by JJefArt
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Boxing gym opening times:

1 hour to 1 and a half hour
2 to 3 hours
3 to 6 hours
6 to 10 hours

Close and open:

Open 2 to 3 days a week
Open 5 days a week
Open 6 days a week

Closed during summer or closed half of summer time
Mostly youth gyms

Gyms where kids and adults train at the same time

Boxing bag exercise:

2 to 3 minutes doing combinations and singles on the boxing bag
As you have to last 3 minutes a round doing 3 minutes is a good idea

Another boxing style

boxer puncher

is a hybrid style used to describe fighters who possess
good all-around boxing/punching skills and capabilities

They possess the technical skill and grace of an out-boxer and also
the devastating power of a slugger

Boxer-punchers usually do well against out-boxers
especially if they can match their speed and mobility

Rock, Paper, Scissors

There is a commonly accepted theory about the success each of these boxing styles
has against the others.

The general rule is similar to the game Rock, Paper, scissors

each boxing style has advantages over one, but disadvantages against the other

A famous cliché amongst boxing fans and writers is styles make fights

Brawlers tend to overcome in-fighters, because the in-fighter likes to be on the inside,
where the hard-hitting brawler is most effective

The in-fighter's flurries tend to be less effective than the power punches of the slugger,
who quickly overwhelms his opponents

While the in-fighter could be considered a 'boxing bag' for the brawler,
they tend to succeed against out-fighters

On the inside, the out-fighter loses a lot of his combat effectiveness,
because he cannot throw the hard punches. The in-fighter is generally successful in this case
The out-fighter tends to be most successful against the brawler,
whose slow speed (both hand and foot) and poor technique make them an easy target to hit

for the faster out-fighter. The out-fighter's main key is to stay alert, as the brawler only needs to land one good punch to finish the fight
Hybrid boxers tend to be the most successful in the ring, because they often have advantages against most opponents

Other guards
Crouch guard
Ideal for upstairs and downstairs punching

The cross guard
The arms cross each other

Tips on boxing a taller opponent
Try and let him come to you
Get inside use infighting
Use explosive in and out movements
Work off his jab
Learn to guard and evade the jab

More tips on fighting the charger and infighter
Keep moving keep circling
Don't fight his fight
Side movements and pivoting
If he gets inside shell up

The medicine ball
A weighed ball for exercises
You can also drop the ball on each others stomach
But be carefull not to hurt each other too much

An example of a week workout schedule:
Monday
Boxing bag and mitts and maybe some light sparring
Tuesday
Running and plyometrics and some active stretching
And a little bit of shadow boxing
Wednesday
jump rope Sparring boxing bag and mitts
Thursday
Weight training
Friday
jump rope Sparring boxing bag and mitts
Saturday
Some light shadow boxing
Sunday
Rest

More on boxing gloves

The old boxing gloves with rope closure

New, normal boxing gloves with velcro closure

In matches most of the times tape is put on the closing part